



DRY JANUARY®

“Dry January is the UK's one-month alcohol-free challenge. It isn't about giving anything up. It's about getting something back. Get your fun back. Get your energy back. Get your calm back. Get your YOU back.” Alcohol Change UK 2022

WEEK FOUR

ONE MONTH OF NO ALCOHOL
January 2022

ALCOHOL
CHANGE^{UK}

One Month of No Alcohol

After one month of no alcohol, your risk of developing certain cancers, including two of the most common worldwide – breast and colorectal – is diminishing. According to a 2018 report in the Lancet, by reducing your drinking, you also reduce your risk of strokes, heart disease and hypertensive disease and could increase your life expectancy.

“AMAZING SKIN”- Another lovely side effect of no booze might start to appear around this time: your skin starting to look amazing. Alcohol reduces the production of anti-diuretic hormone, so you lose water and sodium more quickly. This is the sworn enemy of soft, plump, peachy skin. A few weeks off alcohol should lead to a reduction in facial redness, and see the size of facial pores diminish too!

“LOWER BLOOD PRESSURE” - If you've got high blood pressure, there's a good chance it'll start to come down by the end of your challenge. Research has found that just four weeks without a drink can be enough to start lowering both blood pressure and heart rate. And your risk of type 2 diabetes has already started to reduce (in one study insulin resistance came down by an average of 28 per cent), and your cholesterol levels should be starting to lower.

“IMPROVED LIVER HEALTH” - Giving your liver a little holiday means that it can focus on its other jobs. One research study found that just four weeks without a drink can substantially reduce liver 'stiffness'. Brilliant! Who wants a stiff liver?! (This stiffness is an early sign of liver disease, in case you were wondering.) On top of this, if you've been experiencing bloating, wind and either diarrhoea or constipation, you've probably noticed a reduction in symptoms by now. Relief all round.

“IMPROVED IMMUNE SYSTEM” - A few weeks without alcohol is also great for your immune system. You'll notice that you are less likely to succumb to every little cold virus that hits the office, and even if you do come down with something, your recovery time will be reduced. There. Hope you're feeling better already.

“TIPS FOR MANAGING YOUR DRINKING AFTER JANUARY” - By working out what your goals are and how you aim to achieve them, you're more likely to be successful;

- Take some time to reflect:
- Work out how much you were drinking before Dry January?
- Build your way up to how much you want to be drinking (if at all), slowly
- Keep track of your alcohol consumption using a physical diary or by using the Try Dry App
- Have strategies in place for when cravings strike
- Practice saying no
- Don't just drink, because it's there: Drink because you want to.
- Try Non or Low alcoholic alternatives
- If you need further support with your drinking, don't hesitate to seek it.